



## TEN REASONS TO QUIT SMOKING

- Cigarettes contain nicotine, which is a highly addictive substance that makes quitting a difficult task.
- Cigarettes also contain tar. Tar is a sticky substance that damages the lungs and causes respiratory diseases.
- In addition to nicotine and tar, cigarettes contain poisonous chemicals such as: carbon monoxide, formaldehyde, ammonia, cadmium, acetone, arsenic and hydrogen cyanide.
- Smoking impairs your immune system making you susceptible to illnesses.
- Cigarette smoking causes cancer of the lungs, kidneys, bladder, cervix and pancreas, and it is a major cause of emphysema, chronic bronchitis, heart disease and stroke.
- Smoking is an expensive habit. Smoking a pack per day at \$6 a pack will cost you \$2,190 in one year.
- Smoking impairs your taste buds diminishing your sense of taste.
- Smokers often develop macular degeneration, a condition resulting in the loss of central vision.
- Smoking makes your teeth and nails yellow and your hair, clothes, vehicle and house smell like an ashtray.
- Smoking speeds up the normal aging process of your skin, which causes your skin to wrinkle at a young age.

*DON'T FORGET TO STRETCH!*